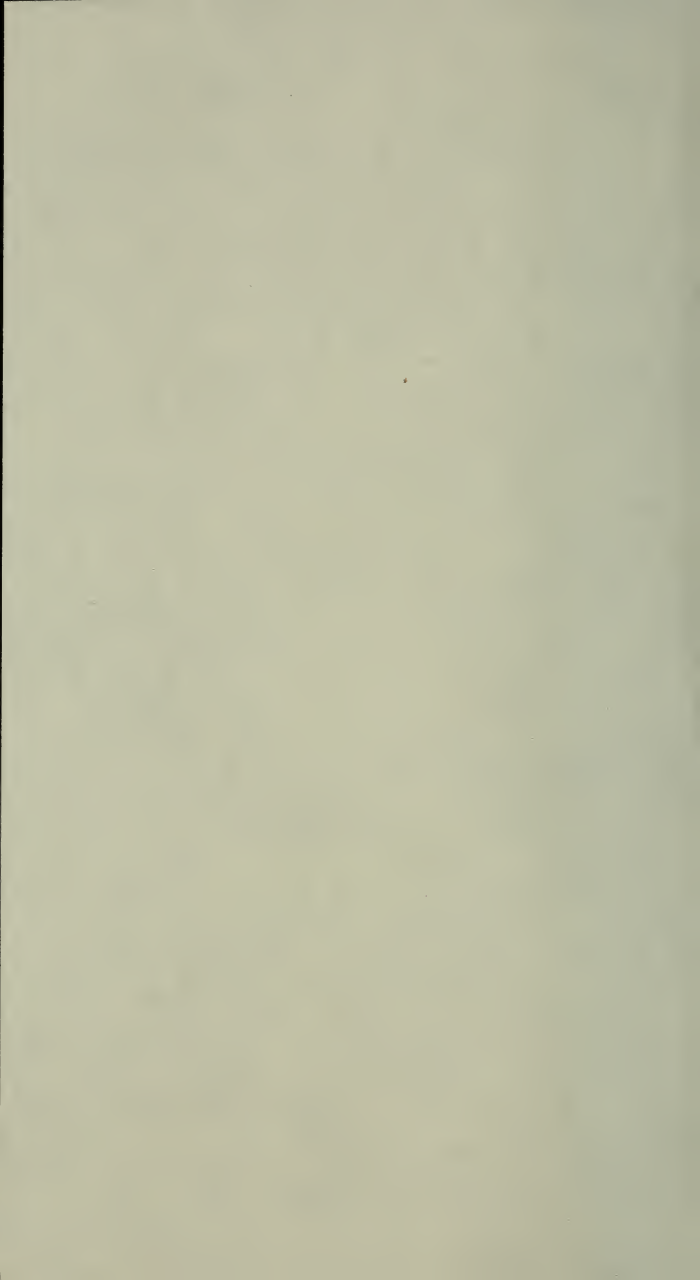


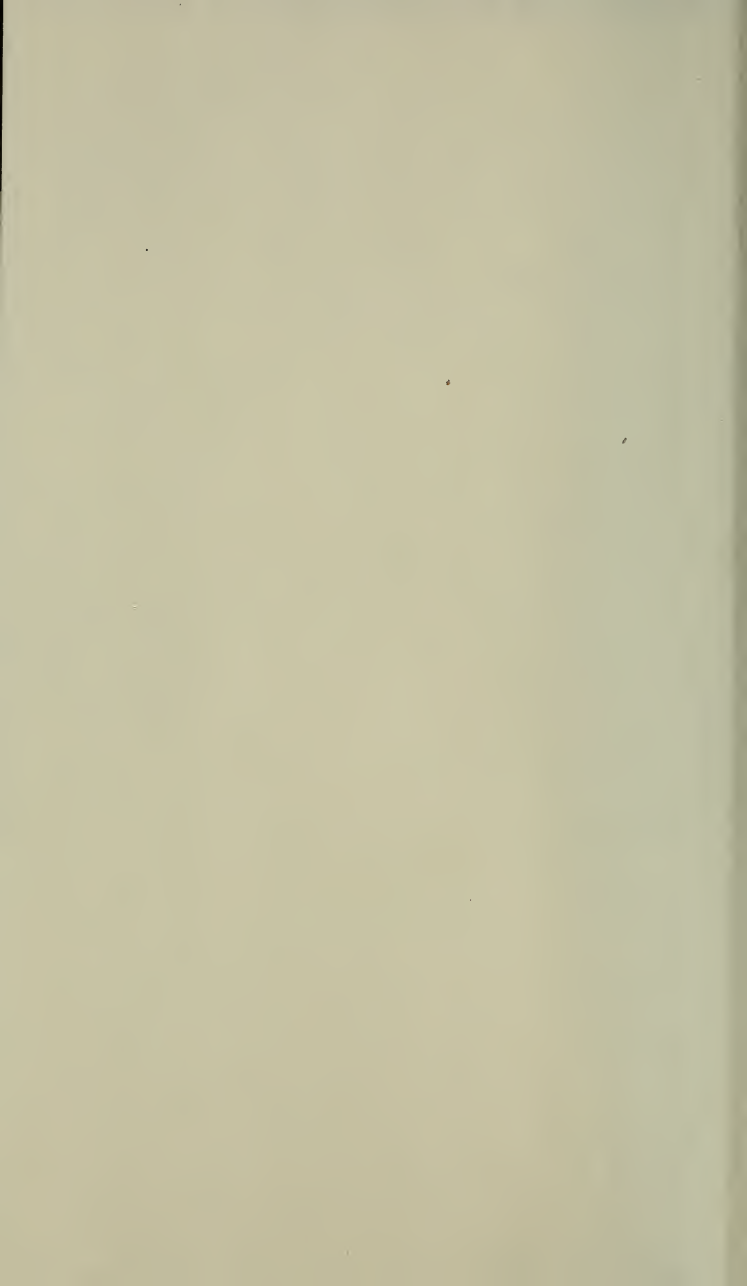
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HAY FEVER

AND

CATARRH OF HEAD AND NOSE

WITH THEIR

PREVENTIVE AND CURATIVE
TREATMENT.

BY

E. B. FANNING, M. D.

PHILADELPHIA :

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10

PREFACE.

IN offering this little volume to the profession as a practical treatise on this one very annoying disease, I feel that it will fill a void in our literature, and at the same time will reveal the means of relieving and ultimately curing numberless cases.

The symptoms are nearly all taken from my own case, but covers about all the various pains and ill feelings this disease produces.

In Part II. of this work I have given a light, practical treatment on catarrh of the head and nose, covering just such cases as the busy practitioner meets with every day, with the remedies and their indications as I have used them in my practice daily for

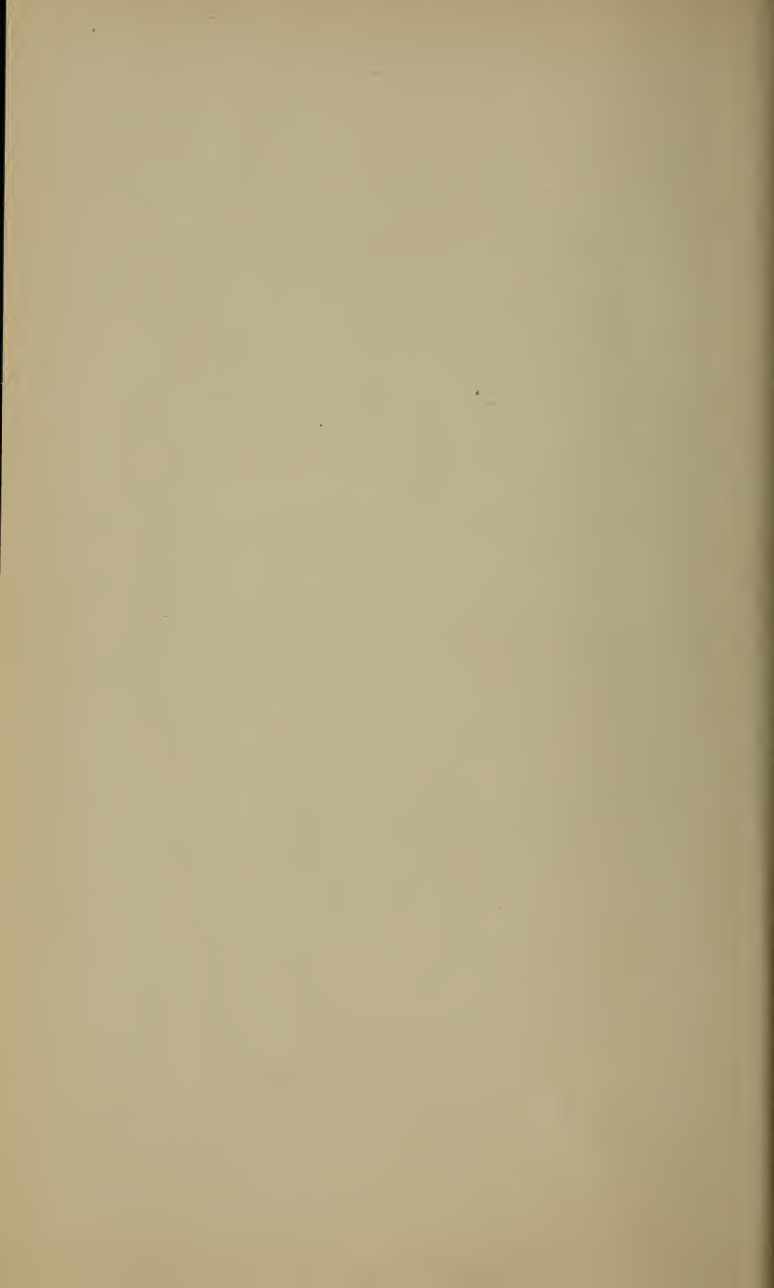
fifteen years, and successfully. I have also given the remedies used under different heads, namely, neutralizers and contractors, which I trust will enable the physician to better adapt his remedies to the disease.

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TO
HAY FEVER SUFFERERS,
AND
TO ALL WHO HAVE
CATARRH OF HEAD AND NOSE,
IS THIS WORK
DEDICATED
BY
THE AUTHOR.



HAY FEVER.

ITS CAUSE AND EFFECTS, WITH
PREVENTIVE AND CURATIVE
TREATMENT.

Extract Taken From My Own Case.

Hay fever, as every physician is aware, is a catarrhal affection appearing in some persons as early as July, but generally about the middle or last of August or first of September, and continuing with more or less violence until there is one or more frosts to clear and dry the atmosphere. The cause of this horrible malady seems to be a very baffling question to our pathologists. I feel quite sure if they but

knew the cause and the seat of it, as I will endeavor to explain, the prevention of this disease will be carried out successfully in numberless cases.

For thirteen years I have battled with this affliction, only to conquer and see the results of my most earnest efforts practically illustrated and proved physiologically and chemically during the season just past. During the years I suffered many persons asked what was ailing me, and when I replied hay fever they would invariably remark sympathetically, "You can never be cured, can you? I always answered, "There is only one way to cure it, and that is to prevent it." This assertion, I am quite

positive, will hold good for some time to come, for the prevention is more easily accomplished and is a surer and better cure. I never felt but what in time I would master it, but to determine the cause of all this violent irritation and its seat was the problem I had to solve. The text-books gave me no information; in fact, they seemed to almost ignore this one very important affection, and at the same time their authors knowing very well that thousands of people were suffering with this disease every season.

I was first attacked with it in the summer of 1887, while practicing in Smyrna, Del. It came on me suddenly, about 2 A. M., like

an ordinary attack of spasmodic croup and lasted for a couple of hours. I tried *Hepar*, *Aconite* and *Bromine* without relief. Then my wife, becoming alarmed, went for a physician. I do not remember what he gave me on that visit, but the next day he prescribed *Aurum met.* the thirtieth. I did not have another attack at night that season, and the whole trouble passed off nicely; but that remedy has never done me any good since, although it seemed to be well indicated. As years passed the attacks grew worse, lasted longer and were much more severe. I feel sure I have suffered all the horrors that any person has ever suffered with this terrible affection.

The late Dr. Urie, of Chester, Pa., prescribed *Kali sul.* 5m. for me one season and broke it up immediately. Then I thought I had a sure cure, but the next season it returned with all its violence; and when I thought the symptoms called for this remedy I took it in the thirtieth, but got no results. I was at a loss to know what to do, but not altogether discouraged. I never experienced any relief again until the season of 1894, the account of which I have given in detail under the head of throat symptoms. I never received any relief after that until the past season, when it only threatened, but did not set in. During the last four years I have given it

more thought and study, for I felt if any person was capable of searching out the cause and its seat a physician who is a sufferer should be the one to do it. I was sure there was a great deal of acidity to the discharges from the nose, mouth and eyes. Then, after I concluded it was an acid in the secretions and not the nerves, it puzzled me to know where or how it generated, but as I continued to study it gradually unfolded itself to me. Then, after finding the cause and its seat, I felt it was still a difficult task to learn just why it bothered us at that one particular season, but this was finally solved.

There is one thought that we,

as physicians, must strive to keep in our minds, and that is this, that there are acids of one kind or another circulating in our blood more or less of the time. This need not necessarily be limited to catarrhal cases, and the amount is altogether controlled by the weather; and the acid in excess is the one which produces its own particular symptoms, whether they are catarrhal, rheumatic, or hay fever, or some other.

For a number of years I concluded that the whole trouble originated in the spinal nerves, and through them affecting my stomach, as this organ would get terribly out of order on the least provocation. My appetite would

entirely fail, I would grow weak and have strong malarial symptoms. If I would stand in the sun for a few minutes sneezing would set in. Chills would run up my spine. So while the sun's warmth was soothing to me in one sense it aggravated the real condition.

This was during the summer of 1890, and while I was practicing in Maryland. These same symptoms would be caused if I were riding along the road in a top carriage, if I were facing the sun, but only during the months of July and August of that one year, which was the year of my worst suffering. I still maintained the same opinion as to the cause after I came to this city, but concluded it

came from the nerve centres at the base of the brain, for during later years almost the first symptoms exhibited were abnormal heat in the occipital region and profuse sweating of the head at night. The amount of the latter exceeded anything I ever saw. After these sweats continued for a few nights I would have queer and peculiar sensations in my brain. Then I thought it must be caused by anæmia of the brain, due to impoverished blood, so I studied different works on this disease, but found no connection between anæmia and hay fever. The more I read and studied the more I became convinced that it was not in the nerves at all, but in the blood.

Then by studying my physiology and chemistry on these fluids, its actions and changes under the action of certain of its chemical salts, also the effects of climatic and atmospherical changes, I learned that a lack of the chlorides and sulphates in the blood cells caused them to relax, and that an increase of the iron salts would cause them to contract again, and an insufficient supply of oxygen and an incomplete oxygenization of the blood in sultry or damp weather causes acid to form in this fluid, and as soon as this begins to take place the blood begins to relax, and as it relaxes water increases. This acid fluid penetrating every gland and tissue of the body, irri-

tating the various membranes and glands, causing, as it does, watery, irritating discharges from the eyes and nose, with violent, spasmodic sneezing, are a few of the many objective symptoms, to say nothing of the numerous subjective ones, gives some idea of what this circulating poison can produce. After I became convinced that the cause was an acid, and its seat was in the blood, it took me quite a long time to learn just how it got there and what was necessary for its production.

Further explanations of these salts, above mentioned, and their actions will be given under the heads of climate and treatment.

I always noticed the fact that if

I were feeling well at the beginning of the season I did not suffer so severely or so long from the attack. But if I had been suffering with catarrhal colds and my system was more or less exhausted from the effects of the same, I suffered more intensely, and would not wholly recover from it until late the following spring.

Last spring I suffered with an attack of grip which ended up in catarrhal bronchitis, from which I lost considerable flesh and strength. Finally I got better, but I was a physical wreck and in no condition to do battle with my old enemy. For that reason I dreaded its approach, as I was sure I would suffer severely. But I began with

preventive treatment and got my system recuperated again, and waited in vain for the attack, which to my gratification did not molest me except in a slightly threatening manner. My appetite failed for a few days, but it soon returned again with double force, and I held my strength all through the season, notwithstanding I remained in the city all summer, never going farther from my office than Fairmount Park and return.

Just why this disease will attack a person on the same day every year and continue to do so annually for a period of forty years is more than I have been able to discover. I am acquainted with one such case, that of a lady whom

I had met but once, and afterwards was informed that she was a terrible sufferer from hay fever. We were both living in the same town in Delaware, but shortly after meeting her she and her husband moved to Pennsylvania and I moved to Maryland.

During my second attack I got to thinking about her, and wondering in my mind if being a terrible sufferer from this disease meant worse suffering than I was experiencing. The more I thought about it the more I felt I ought to send her medicine. Finally I made up my mind that I would do so the next season, and without first writing to learn if she would accept and take it, or whether she

was a believer in sugar pills. But I felt sure this would not have much weight with a person in the grasp of this disease, for I am positive they would take anything, from a disciple of any school, even if they only saw an imaginary hope of relief.

The following season, at about the time, judging from the inception of my own attack, I prepared a package of *Arsenicum* 3x, *Pulsatilla* 1000x, powders, one of each to be dissolved in a separate glass a third or half full of water. Dose, teaspoonful every half hour, alternately. About a week afterwards I received a letter from her stating she had received the letter with medicine, which she prepared

and began taking at once. Relief came in about two hours, and the whole attack broke up in about three days, for which she felt very grateful to me; also stating she had had the disease every year since she was ten years old, and that it had appeared on the same day each year—August 19th—for about thirty-five years, and during all those years she had never experienced relief from anything she had ever taken before; so I felt quite elated, and the next year I prepared and sent the same remedies, which she took, but without any effect at all, and as soon as I had read her letter in reply and noted what she said I concluded it was *Apis* she required, so I sent

Apis 1000, and *Nux* third dilution for stomach and bowels. These remedies relieved her some, but not entirely.

Several years after this, and after I moved to this city, I wrote her, and the first opportunity she had to visit here she called at my office. We had quite a long talk. She felt quite elated over the partial success of the treatment, and assured me she had never suffered so severely as she did before taking the medicine. I then gave her medicine and put her on Hensel's Tonicum. I never heard from her again until after I wrote her about a month ago, when she stated she was still a sufferer from the old trouble. I mention this case at

length to show how certain remedies will break up the attack in a certain system one season and absolutely fail the next in the same system, when apparently all things are equal.

ETIOLOGY.

The cause of hay fever, as we have shown, is an acid in the blood, but to study this subject better let us divide the patients into two classes. First class will include all those cases who have catarrh of the head and nose more or less all the year round, and have hay fever in its season. Second class, those who do not suffer except in hay fever season. The first named is of the genuine acid diathesis, and

suffers more or less with colds from every change of weather from dry to damp, for the blood and general system relaxes and contracts just as the weather relaxes and contracts, and every time this occurs a fresh attack of head and nasal catarrh results, and by the time this breaks and discharges another change in the weather occurs and the same condition repeats itself. But if after one or more of these attacks the weather clears and continues dry for a prolonged period he will get quite well.

The catarrhal subject is more susceptible to climatic changes than any other person. He feels every change no matter how slight it may be, and one or more sneezes

is his signal. The amount of change will generally determine the number of sneezes. If it is a change from clear weather to fair and colder he will seldom suffer any bad effects, and trouble, if any occurs, will generally correct itself, providing the weather remains clear.

Whenever a change to wet occurs, whether cold and damp or warm and damp, the first effect on the catarrhal patient is an accumulation of acid in the blood, with relaxing of this fluid, and an increase of water, with relaxing of the whole system. If the weather is raw he is very chilly and cannot get warm unless right over a hot fire. If the weather is sultry he

is very languid, sweats and feels lazy and miserable. If it is August and the weather continues sultry, the acid and water increase more and more, the secretions from membranes and glands become acrid, the patient begins to sneeze, etc. If it is remembered that acid and water increasing in the blood are always the cause of relaxing of this fluid the balance of the theory can be quite readily understood. Apparently the catarrhal form of hay fever seems to be nothing more or less than an aggravated condition of a certain form of catarrh of the head and nose, and this aggravation is wholly due to the patient's exhausted condition and a decrease in the amount of

oxygen in the atmosphere at a particular season of the year.

The second class or simple hay fever cases may belong ordinarily to the alkaline or neutral class at all other periods of the year, and only reduced to the acid condition at this particular season, and then only because their blood is robbed of a portion of its oxygen diet. Being differently constituted from his co-sufferers, he cannot stand the sea air laden with its abundance of chlorides and sulphates, its bromine, iodine, magnesia, etc.; his must be a more rarefied or lighter atmosphere, for he is not ordinarily a catarrhal subject. What his system requires as stated above is a little more oxygen; perhaps

there is already in the system sufficient iron, but not enough of the former coming from the atmosphere to nourish it sufficiently to hold the blood in contraction. This would seem to be the condition present in some cases I have seen.

SYMPTOMS.

These are numerous and show a marked similarity in all cases. The catarrhal cases suffer much longer than the pure hay fever ones do. Under the names of the different organs affected I will detail the symptoms as near as I can as they affected me, which I feel quite sure will cover almost every pain this disease has ever produced.

Heredity undoubtedly plays an important role in the reproduction of this disease, and coming from the source it does, it cannot be ignored as a prominent cause.

EYES.

We will speak of these first, as generally the first symptoms of the disease are felt in these organs. Some seasons as early as the middle of June, if the weather was close and hot, I would have a feeling as if down were on the lashes, or feathers before eyes; at other times sparkling or like moons before them, and if it got very sultry the lashes would feel crossed; but these would all disappear on the approach of better weather, and I would think no more of it.

These conditions would appear and disappear again and again, just as the weather fluctuated from clear and dry to moist and sultry, until the middle of July or first of August, when the weather became hot and humid; then the head trouble would set in and all the former troubles would be aggravated, and the symptoms above mentioned were more or less continuous. The discharge from the eyes, which at first is watery and slightly irritating, becomes more slimy and acrid, and as the disease proceeds the secretions become mixed with matter or tough mucus, which can be pulled out in strings and is very elastic. These strings of mucus irritate the eyeballs and

produce sharp pains like the piercing of very fine needles running from before backwards into the eyes. This mucus mats the lids together at night, becomes dry and scratches the ball sufficiently to awaken the patient, who finds that he cannot open them, nor can he see until he first soaks the lids loose. I have had this occur to me four times in a single night, and on more than one occasion.

From the constant running and wiping of the eyes the discharge gets more or less on the cheeks, and from its acidity corrodes the skin, which finally dries and chafes off in fine scales, only to be repeated over and over again. Small tumefied bodies form on the edges

of the lower lids. These irritate the ball and create an inclination to wipe the eyes, but to do this simply means to set the whole pain-causing machinery in motion. Then there will be itching as a greater inducement to rub, and the more you do the latter the greater the former, with burning, stinging, smarting, and biting; then again these organs will become very red and inflamed. At times there will be a sensation as if sand had been thrown in them. The lashes will fall out very fast. One season I suffered severely with styes. On numerous occasions the eye-pains have been so severe they forced me to seek my bed. I always suffered worse with my left eye first, then,

as it would improve, the right one would become worse, but would not be bad so long. There is considerable photophobia but not continuous.

HEAD.

The first symptom of importance is an abnormal heat at base of the brain, with profuse sweating of the head at night, sufficient to soak the pillow thoroughly and sheet under my shoulders. The more sultry the weather the more intense the above condition. At times my brain would seem weakened and head felt light. This always increased the optical illusions very much, but these abnormalities improved with better

weather, only to return when a change for the worse occurred. There was generally a cough present which always caused violent headache. After the heat and sweating would continue for a few days gatherings would form in the frontal sinuses and discharge through the nose and hawked from the throat a yellow or green, slimy, acrid mucus of a very brassy, coppery, sweet or salty taste, and often so acrid it would bite my tongue and lips before it could be spat away.

NOSE.

This organ shows the first symptoms of the catarrhal nature of this disease. It manifests itself first by sneezing, followed by a bland, watery, sometimes hot discharge, which after a few days or a week becomes slimy and irritating, making the nose sore inside, and the constant wiping which is required to keep it dry causes soreness on the outside

At times, when indoors, the nose would close, but upon going into the open air would open again, but not always; for on very sultry days the nose would be closed more or less all the time; or if I should get

into a current of air it would open almost instantly, and close again just as soon as I returned to the close condition. If the day would happen to be unusually humid I was very stuffy, and would have to breathe through my mouth all day, and would be constantly in dread of spasm of the larynx. Sometimes I could scarcely speak a word for fear of this condition. At times the membrane inside the nose will begin to swell and completely close the canal. Then if the finger is thrust gently in the nose it will come in contact with the membranous walls, which to the touch will feel somewhat like the sensation produced by pressing the finger between two very fine, vel-

vety cushions. When this is done and the finger is withdrawn, it will be found to be perfectly dry. The membranes have a glossy feeling. This dry condition only lasts for a few seconds or perhaps half a minute, when almost before I would be aware of it a warm, mild, bland water would run from this still swollen membrane and drop down into my lap. This sometimes would be followed by a dozen or more sneezes and the nose would open, but the larynx would threaten to close. Then it was necessary to keep from saying a word, and to keep the mouth firmly closed and breathe as gently as possible through the nose. At times there seemed to be a distinct alternation

of the trouble between the nose and throat, for almost always when one organ was free the other was closed. Sometimes my nose would be stopped when in the open air, but would immediately open on coming inside, where the air was more dry. But if it were a day when the atmosphere was at all dry, the opposite was the case. After the sneezing had continued for a week or so the discharge would turn a greenish yellow or golden yellow, slimy mucus. Then, by the drying and stopping of the anterior nasal canal at night, it would run backward through the posterior nares into the throat and poison that organ. At other times the nose would be open and air would

penetrate freely, but the membranes would be too dry and the breathing very unsatisfactory.

THROAT.

There was always more real suffering from this source than from any other produced by this complaint. You will notice in speaking of the discharge from the nose, that I said it was of a greenish-yellow or golden-yellow color. Of these three colors it is the latter which is so acrid and irritating to the membranes of the throat and larynx. This always came from the nose in small, more or less dry pieces, which had a very strong, sharp taste and I always, during the latter years, knew just when

my throat would be attacked. The creamy-yellow or greenish mucus are quite neutral, the former more so than the latter.

The greatest suffering is produced through laryngeal spasm, which is directly due to the irritating influence of this acrid mucus on the membrane of throat and its extension to the fine bronchioles. Its favorite time of attack was about 2 A. M., or after I had been sleeping for three or four hours. After lying down the nasal passage soon closed from the mucus, which became dry and gluey; then it passed backward into the throat, and after being in direct contact with the mucous membrane of these parts they became irritated and

poisoned and spasm was the result. I would be suddenly awakened with a sharp cough, my throat would immediately close and I would have to sit up in order to breathe. The upper part of my chest sounded as if it were full of fine stringed instruments. My feet would grow cold, chin would tremble, and as the cough grew more violent my throat, outside and in, would itch until it seemed I could tear it out for relief. With the cough there was headache, as if it would burst, and the throat would feel as if it would split. Mouthful after mouthful of white, frothy mucus would at first be expectorated. Later, from the terrible force exerted in coughing, my

throat would become raw and the expectoration would be thoroughly mixed with blood. This would continue violent for an hour or two.

The onset was always sudden and grew worse gradually but rapidly, and would die away gradually but very slowly. While the spasm would be on me I would sweat profusely, and the least movement of the bed clothes would cause a chill to run over me and the cough to tighten, the wheezing would grow worse, and with it the cough would increase. These, together with the tears running almost a stream down my cheeks, head and face, wet with perspiration and underclothes soaked with

sweat, the trembling of chin and itching of throat, wheezing in air passages and incessant cough, makes a picture that he who suffers from one such attack will never, in my mind, forget. The whole attack, from the time of the first cough until I could lie down and remain in a recumbent position, during my worst season, varied from three to three and one-half to four hours.

I was always exhausted before spasm would pass off, and as soon as breathing was relieved or relaxing in bronchioles began I would begin to belch up wind then I knew positive relief was coming, showing I had been inhaling more air than I exhaled. This was in

August, 1889. I have never suffered so severely for so long a period since, except in July and August, 1894.

On July 4th of that year, while in Fairmount Park, I sat down on the grass for about five minutes watching my little girl play. Next day I began to feel symptoms of a cold in my head, which finally developed into a severe catarrhal attack in frontal sinuses and nose. The discharge was free and copious, of yellow and green mucus. It extended into the throat and then to the upper bronchial tubes, and before this was any better hay fever set in. This was about July 20th, and was soon followed by night sweats and exhaustion. The ca-

tarrh was going deeper on my chest and threatening the lungs. My wife having died, a little over a year previous, with consumption did not tend to encourage me in the hope of recovery, and I knew if I should end my days with the latter disease it would help her family to believe that consumption was contagious, and I desired for that reason, if for no other, to regain my health.

One day while on my way to my branch office, feeling so weak I could scarcely put one foot before the other, a coughing spell seized me, and I was forced to stop and lean against the bridge rail, for I was crossing Gray's ferry bridge at the time, when it ceased some-

what. I thought to myself it's all up with me. I studied a minute or so, then concluded that if I gave up that would settle all; so I pushed on slowly, still coughing, spitting, blowing my nose and wiping my eyes, when I finally reached my office. I immediately prepared some *Calcareo phos.* sixth, in a tumbler of water, and took a swallow every half hour. This I continued, and in three days the night sweats ceased and in about ten days the whole disease broke up, but I mended very slowly. My system became so exhausted and the blood so impoverished from acid and water that there was no reactive force left in my system, consequently when the cold weather

came on I could not get on clothes enough to keep me comfortable; and with every change in the weather I took fresh cold in the head, nose and throat, and it was not until the following June that I was myself again. I have been worse with hay fever, but never so low before or since with catarrh.

For two seasons I suffered terribly from strangling when attempting to drink anything, even water; if it attacked me when drinking at meals, it would put an end to everything for at least an hour and sometimes two. My throat would be weak for at least twelve hours, and sometimes it required a night's rest and quiet before I was right again. To attempt to talk was

out of the question, for my throat would close immediately and with it came intense suffering.

MOUTH.

The mouth presents no very special symptoms, except a very annoying itching of roof far back. When the disease is threatening, and sometimes before it sets in, I spat a great deal of slimy, acid saliva, generally more towards evening. I always knew what this meant. At times, and if the saliva is very acid, when ejected from the mouth it will fly all to pieces, as if blown through a coarse screen, but when not acid it will hold together. Itching in the ears and throat at the entrance of the Eus-

tachian tubes, and the throat was sometimes very annoying. I also suffered from a tickling on the back part or dorsum of the tongue, but not to any great extent. The taste was sometimes very rank—coppery or brassy. At times, when coughing, I could detect a very metallic odor from throat. When this last condition was present I was in constant fear of spasm of the larynx, and for that reason I dared not utter even a word; for if cold air touched that organ it and the bronchioles would contract and it would be fully an hour before I would be relieved.

The symptoms given above hold good in all catarrhal cases, but vary somewhat in the pure hay

fever cases. For instance, in the latter cases there is very little watery discharge from the eyes; but the burning is so intense as to cause a scarlet redness low down under these organs, and to attempt to rub them simply sets them on fire. Again, these cases mend up much sooner after a frost than the former, for, just as soon as the air is purified or contracted, they are well again; but with the former class it is not so, they have a run down system and an ever present catarrhal condition to correct, which may continue for a longer or shorter period, according as the weather becomes wet or remains dry and cool.

The reason the pure hay fever

cases have little or no slimy or mattery discharge from the eyes, but only a burning instead, is because they have no catarrh of the frontal sinuses. They suffer with a flow of tears during the attacks of laryngeal spasms, but these are seldom of an acrid nature.

During the attacks of hay fever the bowels were always more or less constipated, the stools either dark, dry and hard or dark, hard and slimed over. The stomach gets very sluggish and the smell of food cooking most always destroys the appetite. At times the urine was very albuminous and generally very yellow or like dog's urine, at other times quite profuse and lighter in color and more watery.

TREATMENT.

This undoubtedly will be of much more importance to the majority of physicians, and especially the suffering public, than the cause, but without a thorough knowledge of the former the latter will not be very successful. I have stated above that there is a decrease of oxygen going to the blood. This means an increase of acids and water. What we must do, then, is to make up for this lack of oxygen, and the only way it can be accomplished is by giving a drug which will hold the blood in contraction; or, in other words, we must neutralize the acid in the

blood, and render it non-irritating to the membranes. *Iron* is the greatest blood contractor there is, and probably the greatest blood tonic, unless equalled by *Chloride sodæ*. If the air is dry there will be sufficient iron generated in the system to contract this fluid. The chlorides and sulphates are the greatest blood neutralizers, except *Iron*, which has the double action, or is both a neutralizer and contractor, and when these salts are present in the blood in sufficient quantity acid cannot be generated. If either of these salts are lacking in this fluid and the deficiency not soon corrected disease in one of its many forms presents itself and

continues until the amount generated in the system is normal again.

If these minerals are in the blood in sufficient quantity, and there should from any cause be a diminution of some other one of the blood's salts, it will generally be corrected through the harmonious action of these three. I do not mean that all we have to do when we meet a case of hay fever is to give the patient a prescription of iron or salt, as the case may be, for you will require many other remedies besides these; in fact, these two are as a drop in the bucket compared with the number you may require; but you must keep just one thought in your mind when treating these cases, and that

is to give the remedy which will in your mind, and from the symptoms present, neutralize the acid; and unless you can do this you will accomplish very little except, perhaps, give temporary relief by stimulation.

Now as to the acid, whether it is lactic or oxalic, or muriatic or some other, or a combination of two or more of these acids that are known to be in the blood at different times, I know not; but I have treated my own case as if it were the first named, and I have good reasons to think it is due to it.

Neither physiologists nor chemists state whether it requires any particular kind of acid to relax the blood or whether all acids have this

action in common. If my attacks came from lactic acid, then I assume that all the regular catarrhal cases are caused by this same acid. But just whether it would be safe to claim all the purely simple hay fever cases are due to this same acid might be a question. I am strongly inclined to the belief that this acid is at the bottom of the trouble, perhaps combined with some other already in the blood or generated from lack of oxygen at that season.

If the annual sufferers, when they feel the first symptoms of this disease, will resort to purgative medicine—and for this purpose nothing acts so well as Epsom salts—this will reduce the amount

of water and acid in the glandular secretions better than any other remedy. The sulphate of soda or phosphate of soda may take its place and answer very well in some cases. The latter is rather mild in its action, and scarcely meets the demand unless a full dose is taken (an ounce or an ounce and a half). The first named acts quickly, will give beneficial results, and if followed with the proper remedy the acid will be neutralized and blood contracted; and the patient will remain pretty good for some time unless the weather is uncommonly sultry and oppressive. But if this disease is to be prevented, the patient should be given a mild preparation of iron

for at least two or three months previous to his attack, and continue it in small doses all through the season, and get his system in proper condition and get the blood up to its normal standard. This can be accomplished if he persists in the tonic and the proper remedy for his bodily ailments.

The best preparation of iron I have thus far discovered is Hensel's physiological tonicum. I took five bottles myself last season, and with the proper remedy, which in my case was *Mercurius cor.*, I got through safely, although I did not begin to take the tonic until after the beginning of July, when I lost my appetite and thought something had to be done. I took about a

teaspoonful in a tumbler of water sweetened with three good teaspoonfuls of sugar, and repeated it four or five times a day. My appetite returned, I improved rapidly. The remedy may be *Merc. cor.*, especially if the patient is a catarrhal subject, or this remedy in alternation with *Ferrum met.*, or if he is subject to that form of catarrh which affects the bone tissue he may require *Cal. fluor.* or *Aurum met.* If he has had odor from catarrh no remedy can equal the former for that condition.

I have found patients who cannot take the tonic in the dose mentioned above, and if I am sure it is iron they require I have them take it in three or five drop doses

in a little water, with or without sugar as suits them best. I have also taken the phosphate of iron, but not with any appreciable results; but have no doubt it would produce good results in the tall, slender, bloodless subjects. Pepto mangan is a splendid preparation of this much-needed salt, and will meet the requirements in a great many cases. Simple syrup of wheat phosphate also contains a trace of iron, and is an excellent tonic and tissue builder, especially for the young and growing subjects, and a good tonic for the winter or cold weather if there is loss of appetite; but in the hot weather we all require the iron to make up for lack of oxygen and

to keep the blood in contraction. I never prescribed for my patients the size dose given on bottles, but invariably reduce the amount one-half or two-thirds; then they can increase as they see its necessity, but very few will do so without being advised. The purgatives should be taken at least twice a week in order to keep the amount of water reduced as much as possible. The Epsom salts I mention as the best for this purpose and will not leave the patient constipated afterwards. There is manufactured a bella-aloin and strychnine tablets which I have used with good results frequently in place of the salts.

Those who anticipate an attack

should also take a hot salt bath at least twice a week. This can be prepared in the following manner: Add two and a half or three pounds of rock salt, or, if this cannot be had, use common salt, in a gallon of water and allow it to come to a boil; then add this to about three or four buckets of cool or previously heated water; before mixing these the patient should be ready for the bath, so the vapor can come directly in contact with the surface of body, and as soon as the water is cool enough to permit he should get in and remain for fifteen to twenty minutes. The underclothes he intends wearing should be hung in the room, so they can get as much of the salt vapor as possible

without becoming too damp. These baths should be taken preferably at bedtime, and the patient, after drying himself lightly, can retire and get a good night's rest and feel much refreshed the next morning. If the patients are weak, a light sponge bath as hot as can be borne, every other night, should suffice, or if such a patient is at the seashore he need not take a bath at all, and really should not, for inhaling the salt air is sufficient. No person suffering with this disease at the seashore should take a bath oftener than once in four days at most. I tried taking one every other day during a short stay at Cape May, and the result was I returned home much worse after two

weeks than I was before I went away. While in the bath the patient should snuff the salt water up the nose and bathe the eyes thoroughly. The salt water will cleanse all the cavities and passages better than anything that can be applied locally; in fact, it is the only local application that I ever derived any relief from, but it must be used cautiously. I mean it should not be used except very weak, if it is to be used every day or several times a day. For myself I prefer to use it the same strength as for bathing, and only at those times. Salt water used too frequently produces a glossy condition on the surface of the membranes, which is not a good effect, as it prevents a

free action of the atmosphere upon those surfaces.

The pernicious habit of using the various local nostrums and quack mixtures locally on the delicate membrane of the nose and throat cannot be too strongly condemned. For this reason, if for no other, this disease comes from the blood, and the cause is in that fluid absolutely and can only be reached by remedies acting directly on the blood either as contractors, or neutralizers, or both; and for still another reason, these local applications all to a greater or less extent weaken the membranes and leave them more susceptible to catarrhal attacks from cold. In my own case I used at first a few local

washes, and always suffered worse for my folly. Finally I stopped everything except salt water when I took my baths, or, if the nose was sore, I resorted to petroleum jelly or something similar. Vaseline I found was too light and drying.

The habit of eating a hearty meal at supper time is a sure way to induce a night of suffering. The patient will be oppressed and stuffy and will not get relief before two or three o'clock A. M., and this same imprudence is a strong factor in bringing on the throat and chest spasms. It never seemed to help matters any if four or five hours elapsed between the eating of supper and the time I retired, for the stomach acts much slower

in hot weather than in cold ; besides this same acidity permeates the gastric juices as well as the other secretions, and by diluting weakens them. I found in my own case that I got along much better by living principally on soups, with bread and butter and coffee ; such soups as cream tomato, oyster, clam chowder, vegetable, etc., for dinner. For supper I ate bread and butter, or milk toast, or boiled egg, with coffee. Coffee is undoubtedly a great acid neutralizer. I seldom drank less than two medium-sized cupfuls at each meal, and always felt better from it. The workingman or laborer will most likely require a stronger diet, and requires meat, so I say to

him if it is possible to do so to eat pork, or for a change eat lamb or mutton. Beef or veal, so far as my own observation goes, simply increases the cause of our trouble. For this reason just as soon as the flesh is deprived of life the juice of the meat, or muscle juice, as we call it, becomes acid. This is the first chemical change that takes place in all dead flesh, and the first change towards putrefaction. Beef containing more juice than any other kind of meat of which we partake, and this juice being charged with acid, most undoubtedly acts as an irritant. Pork, on the other hand, containing very little meat juice but abundance of lard oil, and this oil being com-

posed of stearin, margarin, and glycerine, and each of these ingredients being powerful absorbents of oxygen, proves that lard oil acts as a stimulant and heat producer to keep the body warm, and this in turn aids to keep the system contracted.

Fleshy persons, as a rule, suffer very little from atmospherical changes compared with the lean or acid individuals. Mutton contains a very small amount of meat juice, and is a good meat for summer. Fish meat being of a dry nature is probably harmless, or if it contains phosphorus, as has been stated, then we should eat more of it, especially during the summer season. Poultry is quite dry, especially the

white meat, and quite safe. Meats of all kinds should be thoroughly cooked for catarrhal or hay fever patients, and in this way most of the acid juice can be gotten out by evaporation. The late Dr. Urie advised his patients suffering with consumption to eat beef prepared in the following manner: First boil thoroughly, then lay it in the oven until it becomes perfectly dry; when this was accomplished it was to be grated fine and salted to suit the taste. Meat prepared in this manner I found was relished and seemed to nourish the weakened condition of my wife's stomach when suffering with consumption. I also ate it myself when I had hay fever, and thought it did me

good. I mention this because some hay fever patients lose their appetite for meat in any form, and in order to combat this disease the sufferer must keep up his strength during the hot and sultry weather. Eggs, either raw or poached, are very beneficial, but if they cannot be taken in this manner then they should be eaten soft boiled, or fried, or in form of an omelet.

Among the numerous beverages used to allay the thirst, which at times is very pronounced on account of the internal fever produced by this disease, I found the Physiological tonicum and plain soda or Vichy water the best. The former can be taken as directed above, every two or three hours.

Sarsaparilla, ginger ale, or plain water boiled and placed in bottles and allowed to lay along side of ice to cool will be found grateful. Ice water should never be taken, because of the local irritation it is likely to produce on the surface.

CLIMATE.

ITS EFFECTS; WHO SHOULD GO
TO THE SEASHORE AND WHO
SHOULD SEEK THE
MOUNTAINS.

The catarrhal plus hay fever subject, because he suffers with ulcerations, festering, etc., in the bones and soft parts of the nose or frontal sinuses, with muco-purulent or a yellow or greenish matter discharge, requires the chlor-

ides and sulphates, and these can be obtained through nature at the seashore, and applied more directly to the blood and with better results than can be obtained if taken through the mouth and stomach in the form of drugs. These salts, while they have the power of neutralizing the acid in the blood, and through it all the other secretions, thereby stopping all the sneezing and other disagreeable symptoms produced by hay fever, do not have the power to contract this fluid. If it could make a whole cure instead of only creating half a one, as it does, the patients who seek its effects might remain well for some time after returning to their homes. But as it is, they only remain ap-

parently cured, while they are right in the midst of it and getting the whole influence of this over salt charged atmosphere, for as soon as they are a few miles away from the shore the air becomes diluted, and they begin to sneeze, and all their old complaints return again. With the simple hay fever subject it is quite different. He suffers but once a year ; his trouble is a purely local one. His condition is perhaps normal, or nearly so, up to within a week or two previous to the attack. His general health being unimpaired, but as soon as the atmosphere becomes sufficiently humid the stomach becomes sluggish, the bowels perhaps constipated, and the trouble is on him

immediately. What he requires is a drier atmosphere or a little more oxygen. This can be obtained in the mountains. These patients will seldom, if ever, be improved at the seashore. It is not chlorides nor sulphates their systems are crying for, but iron; and as soon as they get the necessary increase of oxygen the iron is soon supplied, and this in turn absorbing more oxygen from the atmosphere quickly contracts the blood back to its normal condition and the cure is effected.

Now while these latter, as I have stated above, will not be benefited at the seashore, the former or catarrhal cases will be relieved at either place, but undoubtedly much

more quickly at the shore. The mountain air would produce a cure in the following manner: By first supplying an increase of oxygen, thereby generating the necessary gases to produce iron, and this in turn absorbing a greater amount of oxygen, and by so doing it causes the contraction of the blood, and by contracting it renders it neutral; then as soon as this latter is accomplished all the other secretions and fluids are neutralized immediately.

As soon as the blood has received its proper amount of oxygen and iron to bring it up to its normal standard we have pure blood. This pure fluid passing through and permeating every gland and tissue

of the living body acts as a tonic, a stimulant and a true disinfectant to every organ and tissue, and under these conditions it is simply impossible for this form of disease to exist.

On account of the dampness of the atmosphere in this climate our lung expansion on ordinary inspiration is very little more than two-thirds its full capacity, or, in other words, instead of being from three to three and one-half inches on full inspiration it seldom reaches beyond two or two and one-half inches. On this account our physiologists tell us we have a certain amount of residual air in our lungs continually. Taking this for granted, then it must follow that

we have more or less poisonous gas in our lungs all the time, which must prove to be a strong predisposing factor to catarrhal diseases of these and other organs.

On the other hand, the rarefied or very dry atmosphere of Colorado and some parts of Mexico and the higher mountain regions acts quite the opposite, the atmosphere being so highly charged with oxygen and so dry that persons entering those climates from one more damp can scarcely breathe, and literally gasp for their breath until the lungs can be gradually forced to a fuller dilatation to meet the increasing demands of respiration. This demand is brought about by the blood absorbing the free oxygen so

quickly and disseminating it through the system.

As soon as an increase of oxygen is given to the blood all the other salts are increased, and especially iron, showing that the latter salt is almost wholly dependent on the former, for its life in the blood and the oxygen-absorbing powers of the iron, together with the increased activity in the circulation of the blood, brings greater demands for increased lung capacity for the purifying of this fluid necessary to hold it in contraction. The relation of all our organs are so situated physiologically that each one is literally dependent on the other if health is to be kept at its normal status. On account of

the lungs being forced to their full expansion, we seldom meet persons in the dry climates hollow or weak chested, but on the contrary they are full chested and walk erect.

REMEDIES.

On account of the cause of this disease being an acid, and being seated in the blood and its different effects in different systems, there can never be found a specific for this ailment. While I am quite positive the remedy that will break up the attack will almost invariably be found among the minerals, still no one mineral remedy will ever be sufficient to cure every case. I also consider the question of

potency in the treatment of this disease a very important one. Each time the disease was broken up in my own case it was accomplished with the medium or higher attenuations. The first attack was with *Aurum met.* 30th dilution. Second time with *Kali sulph.* 5 m. The last season I suffered I took *Merc. cor.* 12x, and last summer and this winter I have taken it in the thirtieth dilution. I have taken it this winter in the third trituration with no results; then I got it in the sixth dilution and took it for a couple of days, adding ten drops to a tumbler two-thirds full of water; dose, a small swallow every half hour when I was in the office,

but this did not give anything like the results the thirtieth did.

Here is something I wish to mention in regard to the action of *Merc. cor.* on acids. Before Christmas of this year I was troubled a great deal with cankers and soreness and slight burning of the tongue. It struck me that if I would eat a certain amount of sugar every day that it might cure the trouble, so I purchased some good candy and began to eat a small quantity two or three times a day. The result began to show itself the next day, for the trouble lessened and in three days was all gone, but the candy was not; and when it did give out I purchased more and continued to eat, and I

am sure I increased the amount I ate each day, but it was not very many days before the trouble came back again. My tongue began to burn and the right side, about one inch from the end, got quite sore. I stopped the candy and took two or three doses of *Merc. cor.* thirtieth dilution, when it all passed away. Well, I concluded I had proved the sugar, but was not fully satisfied, so next day I ate a little more candy and immediately the burning returned, and with it the soreness again. I took the same remedy with the same results. The third day I tried the candy again and the symptoms returned as before, so I waited a couple of hours to see if it would grow worse;

and I was not disappointed, for my tongue got real sore and the burning increased, with the results that I had to take my *Merc. cor.* all the next day, when I was in the office, before I got very much relief. This justifies me in thinking this remedy an extraordinary one for the hyperacidity of gastric juices and saliva so often met with in the catarrhal cases, and in children after eating to excess of candy. The remedies mentioned here, with their several symptoms, are the ones I have used with best results in my own and other cases. In my estimation, *Merc. cor.* stands in the same relation to the catarrhal plus hay fever cases as *Arsenicum iod.* does to the simple hay fever

ones. The remedies will be given as their importance is considered.

Mercurius cor.—Nose stuffy; discharge tough, sticky; posterior nares stopped up and also stuffy at bridge of nose. At times it will be perfectly closed, but there will be a clear, bland, warm, watery discharge. This may be acrid, irritating the inner nose and producing an inclination to sneeze or violent sneezing. The complexion becomes sallow or dirty. Ophthalmia, with acrid, smarting, irritating watery discharge, mixed with yellow, irritating, acrid mucus; edges of lids get crusty, become glued together at night. Discharge from the nose may be yellow, creamy matter, golden yellow color,

greenish, slimy, acrid, biting the tongue and lips if hawked from the throat; very often when the mucus is coughed up there will be present a distinct brassy odor from the throat, and the mucus will have a decided metallic taste. The saliva is very acrid; at times it will bite and smart the tongue and lips. At times the tongue will burn. The saliva, when very acrid, if ejected from the mouth, will separate in a spray, but when there is no acidity it will hold together. The finger nails turn gray or yellow and have a dead look, and are very brittle and break easily (*Kali carb.*).

Dyspnœa so great patient can scarcely speak. If at these times

the patient opens his mouth to utter a word, and the cool air touches the larynx, spasm of this organ and smaller bronchial tubes threatens immediately (*Kali carb.*). Strings of mucus form from the inner to the outer canthus of the eyes, which is very acrid and irritates the balls, causing terrible annoyance until removed. Starts suddenly on falling asleep. Considerable thirst at times. I got the best results from this remedy when I took it in the twelfth dilution, about fifteen or twenty drops in a tumblerful of water; dose, a small swallow every half hour. This remedy being a combination of *Sodium chloride*, *Sulphuric acid* and *Mercury*, and these each be-

ing acid neutralizers when given in minute doses, I think justifies me in terming it the greatest acid neutralizer we possess when given in the twelfth to thirtieth dilution for catarrh of the head accompanying hay fever.

Kali carb.—Sense of smell diminished; catarrh of nose, with golden yellow or green discharge; nose always closed while indoors and almost always open as soon as patient goes in open air, only to close again if he returns indoors; patient either hawks from throat or blows from nose small pieces of scabs of golden yellow or rust color, which are very strong or acrid tasting, or else drops of dirty, ichorous mucus, which is very irritating

when hawked from the throat or blown from the nose ; this is sometimes mattery in appearance. As long as this condition is present there is a liability of spasms at night, and the same danger is present during the daytime, but not to the same extent, for the sufferer can keep it from collecting and being in direct contact with the membranes for any great length of time. Spasm of larynx and bronchioles about 2 A. M., beginning with cough ; then feet grow cold and clammy, followed by shortness of breath and wheezing ; cough more violent, with expectoration of mouthfuls of frothy, slimy, ropy and greenish mucus. This remedy, in alternation with

the preceding one, will prevent these attacks. Patient has to breathe with mouth closed and chin on the chest, and breathe very gently; eyes sore in the corners; lids swollen in the morning; lachrymation; photophobia worse from sunlight or artificial light; eyes weak; hawks up scabs from the throat; strangles when attempting to drink even a swallow of water; ears closed, with cracking first in one and then in the other; spasmodic sneezing, as often as twenty times without intermission; dryness in the throat, with thirst; feels as if cannot breathe deep enough; wheezing after slight cough; very stuffy all day and evening, and fear of spasm;

nose closed at night. On account of the acid destroying the oil in the sebaceous gland of the scalp the hair loses its lustre and softness, becomes dry and dies, then it breaks off and falls. This remedy, continued in the sixth dilution or higher, will correct this trouble.

Natrum carb. — Nose stopped worse at night; loss of smell and taste; sneezing worse at night, with watery discharge; sneezing worse when nose is stopped up, but without relief; after sneezing the nose feels very stuffy; discharge is yellow or green, but not so irritating as in the preceding remedy, but is hawked up from the throat more freely in the morning, and is not so tough and

seldom, if ever, in lumps or scabs, except when blown from the nose, which is sometimes sore at the bridge; sensation of down or feathers before the eyes and on the lashes, which cannot be wiped away; eyes very dim, with stitching pain in them, or as if very fine needles were piercing through them from within outward; sixth dilution.

Calcareo phos.—If the attack begins with heat and sweating of back of head and neck or general night sweats; sensation of feathers or down on eyelashes, which can be wiped away, but will return again; lashes feel as if crossed; eyeballs feel hot and ache; nasal symptoms are generally better in

a warm room ; bowels are generally constipated, with rumbling of gas in them and passing of flatulence and urging to stool from pressure on rectum ; hæmorrhoids, with spasmodic contraction of sphincter ani, worse at 12 o'clock ; hawks tough, white mucus from the throat ; discharge from nose is generally thick and yellow, but not irritating. This remedy will prove curative, used mostly in twelfth dilution.

Glonoine. — In the beginning, when there is a rush of blood to the brain, with great heat of the head, with sweating day and night and sneezing, as if taking fresh colds all the time ; if there is any cough present it jars and hurts the

head ; the eye symptoms are similar to the preceding remedy ; with the sneezing there is always a watery, non-irritating discharge ; the ears feel full and almost closed ; sensation in the head as if everything was jammed together. This remedy, given in the twelfth dilution, with the above symptom, will never fail to give relief and prevent a great deal of suffering that no other remedy I know of can do. I have repeated the dose every fifteen minutes when the cough was troublesome and caused headache from the concussion. It will almost always give good results in the beginning of catarrhal cold at any season of the year. Headache from cough mostly in back of head ;

headache in front of head; eyes suffused and watery.

Magnesia phos. — This is undoubtedly the best remedy we possess at the present time to prevent threatening spasms from maturing, or to relax the same when it has already set in, whether these occur during the daytime or at night in bed. If the weather has been very sultry during the day and the patient has been very stuffy and oppressed, with short, anxious breathing, he can safely predict a spasm during the night, even though he has managed to escape one during the day. Under these conditions he should take this remedy every hour during the day, dry, and during the evening

he should take from six to twelve doses in hot water, prepared in the following manner: Fill a pint pitcher full of water as hot as he can drink; add to this fifteen or twenty drops of the sixth, twelfth or twentieth dilution—the latter two strengths are the ones I have used oftenest, and with just as rapid and good results. I am positive I have prevented spasms at night in a number of instances in my own case by taking *Kali carb.* and *Merc. cor.* every half hour or hour, alternately during the day and the former in the evening until bedtime, as mentioned above; dose, a swallow every fifteen minutes or half hour. If spasm develops during the night, have some

of the remedy prepared as above and take a couple of swallows as hot as he can, at first as often as every ten minutes, and as he feels better gradually lengthen interval to twenty minutes or a half hour. As soon as belching begins the patient can feel assured that permanent relief for the time is assured. Buzzing in the ears, with dulness of hearing; loss of smell; smarting in the nose; dropping of mucus from posterior nares into the throat; sensation of choking or feeling of suffocation in throat; spasm of glottis; shooting or stinging pains in the head, shifting from one place to another, with sparks before the eyes and dull vision; eyelids twitch; eyes sensi-

tive to light. There may also be constipation. All the symptoms of this remedy are better or improved from warmth or hot applications ; therefore it should always be taken in hot water whenever possible.

Arsenicum iod.—Eyes itch, smart and burn ; lids are red and feel dry ; at times the redness extends far down under the eyes and on the cheeks, and looks as if patient had been rubbing them or as after crying. The more severe the burning the better this remedy is indicated. Eyes weak, with feeling as if lachrymation would set in ; discharge most always thin, watery, hot, acrid and burning, worse when out of doors ; violent

attack of sneezing, with soreness of the nose, which at times gets very red and swollen; eyelids become œdematous; face pale, sallow or earthy color; sclerotica yellowish; itching and smarting of the eyes; spasms at night.

Apis mel.—Burning, stinging, smarting or fine shooting pains in the eyes, which may be congested, or the lids may be œdematous. While this remedy will invariably relieve all the above symptoms in a few seconds when taken in the one-thousandth dilution, I never received any further improvement from its continued use. It is the only remedy I have found that will stop the fine pin and needle pains, and it always acts instantly.

Kali sul.—Yellow or green, slimy, watery discharge from nose, hawking same from throat; coughs up slimy mucus from throat, but it slips down again before it can be expectorated; head feels as if it were full of drain pipes and every one was dripping with this yellow, slimy, juicy water. This same slimy or juicy water can be squeezed from the nose by pressing that organ between the thumb and forefinger from the bridge downwards, and in appearance looks like the juice squeezed from a piece of beef on a soft, muggy wet or rainy morning, when we say the meat looks sick; nose obstructed; dry catarrh; dryness of the lips—they become crusty and

scale off; burning in the mouth, which sometimes is slimy; patient is always better in the open or cool air; scalp full of dandruff, which falls profusely from brushing the hair; yellow or greenish, slimy, watery discharge from the eyes, or it may be very mattery and glue the lids together during the night; there may be thirst and burning in the stomach, or in the stomach and bowels. I have seen the latter symptoms verified on numerous occasions when this remedy was indicated; in fact, it is a true keynote to its indication. I use it in the thirtieth and higher dilutions.

Nux vomica.—This is a good remedy for hay fever when there

is gastric trouble complicated with constipation, when the patient feels very stuffy after meals; the nose is stopped up; after supper he feels generally stuffed full; blows watery or thick mucus like the white of egg from the nose; feels weak in the knees; pain in the eyes or dizzy feeling in the head; tongue coated, with bitter taste or sticky feeling in the mouth. Head-ache worse from thinking.

Three years ago a Mr. H. came to my office one evening so smothered he could scarcely answer my questions. I gave him *Kali carb.* and *Mag. phos.* in alternation every hour, except at night. He was to take the latter in hot water. He got along all right while the med-

icine lasted; then the spasms returned at night. He got another prescription and took it with the same results. After the season was over he stopped coming for medicine and I saw very little of him until the next August, when he was again attacked, but remained away, trying first one remedy and then another that his friends suggested, until finally I was sent for one morning at two A. M. to come as soon as possible, for he was smothering to death. I found him sitting on a chair with nothing on except his shirt and pants, with his bare feet on the bare floor and the room quite cold. I had his feet dressed, then began giving him *Magnesia phos.* twelfth,

in hot water, every five minutes, and in fifteen minutes he began to be relieved. Then I told him that if he would continue to take medicine and get his stomach and bowels corrected I felt sure he could be cured, as I found he was very costive at that time and had been for several weeks. I warned him against eating heavy suppers. He had no more severe attacks that season, and got over the disease sooner than he had in previous years. During 1900 he took medicine occasionally for his stomach and bowels, and was feeling pretty well generally most of the time. One day during hay fever season I met him, and asked how he was feeling; his answer was,

“Tip top.” “Well,” I said, “you had better take a little preventative treatment or you may be knocked out one of these days;” but he said, “I am not going to have it this year for I am now three weeks over my time, and my bowels are regular, my stomach is good, and this is the first season in twenty years that I have gone over my regular time for the attack.” About ten days after this, about nine o’clock in the evening, I was sent for to come as soon as possible, as father was suffering very much. I found him coughing as on previous occasions, with tears streaming down his cheeks, pain in the throat and chest, with superficial breathing which was quite

labored; in fact, a real picture of distress. The same remedy was given with immediate relief. On questioning I learned that his bowels had been constipated for some time, and that he had eaten a hearty supper about five o'clock, which had undoubtedly occasioned this attack. Before departing I left orders for him to call or send to my office the next morning and get a prescription and prevent further trouble. I gave him *Magnesia phos.* twelfth, and *Nux vomica* third on pellets; dose every two hours alternately. He never had another spasm, the whole trouble breaking up with this one attack.

This fully justifies the assumption that not only the spasms but

the whole malady can be superinduced through inactivity of the bowels and stomach in those who annually suffer from its attacks. One of my greatest difficulties in my own case is to keep my bowels regular, for as soon as they become at all sluggish my head and eyes grow worse. So I say again to the sufferer, keep the stomach and bowels acting, but don't purge the latter to excess.

Ferrum iod. and Ferrum sul.—Iron, being the greatest absorbent of oxygen of any chemical salt contained in the blood and the greatest blood nutrient and contractor, and the oxygen being at the same time the life of the iron, it is easy to understand why this

mineral salt should be an indispensable remedy in the treatment of this disease in both classes. The former is especially adapted to the pure hay fever cases, but either preparation might be called for in the catarrhal form, but in my opinion they should not be given lower than the two-hundredth dilution.

I took the latter in the thirtieth dilution for a catarrhal cold last January with the following symptoms: Blowing yellow-greenish mucus from the nose and coughing up the same from my throat, with sneezing; mucus was quite slimy, but not acrid. It gave me relief, but before I got well I took a fresh cold and was forced to take another

remedy. The former I have never used, but from what we know of those remedies when given singly I feel it commends itself to us at once as a sovereign remedy in this disease. I have not been able to find any proving of this drug, but will try and get clinical evidence the coming season.

Arsenicum alb.—This remedy I have taken and given on numerous occasions, and always with good results. The indications calling for its employment are so similar to those calling for the *Arsenicum iod.* that it is not necessary to enumerate them here.

During the first year I practiced in Maryland a lady came to me, suffering in August, to find out

what ailed her and to get medicine for the trouble. It was her first attack and she had it to perfection. She said she was sneezing all the time; her nose was sore from wiping; her eyes were itching and burning and almost setting her wild; her head was aching; some of the time she could scarcely breathe, and at night she had spasms and was afraid she would die unless she got relief immediately. I told her she had hay fever and could keep me company, but I felt sure I could cure her. I gave her *Arsenicum*, two-hundredth dilution, and *Kali carb.*, the sixth, to be put in water; dose, a teaspoonful every half hour in alternation. This broke the dis-

ease completely, but I had her continue treatment for catarrh of the head and nose until the following Christmas. The following two seasons I practiced there she missed the attacks. This lady was the wife of a well-to-do farmer and had all the advantages of fresh air, pure water, etc., and hers, like my own and numberless other cases, was simply as I have stated before, an aggravated condition of a certain form of catarrh due to oppressiveness of the atmosphere from lack of oxygen at that particular season of the year.

There are other remedies which may be called for in this disease, which I have found to be palliative but never curative in my experi-

ence. Those are *Sanguinaria*, *Cepa*, *Euphrasia*, *Belladonna*, *Pulsatilla*, *Mercurius biniod.*, and *Merc. vivus*. There is no doubt that in a great number of the cases suffering with this disease there is a dyscrasia or disease that has been suppressed at some previous period, or one that had never been brought to the surface, and in order to find the cause of these attacks in some cases it will be necessary to look below the surface, and the deeper look, in my opinion, should be in the blood.

I found that exercise sufficiently violent to produce copious sweating was always followed by pronounced and general relief for some time of all the irritating symptoms, but

exercising to the point of exhaustion or wasting the strength must be prevented, for this is a disease in which the sufferer requires all the bodily force he can get to combat it.

The result of free sweating causes a general unloading from the blood, glands and membranes of a super-abundance of acid and water, hence the relief.

There are other remedies which I have used for the catarrhal troubles in my own and other cases, but these with their indications will be found in part second of this book.

PART II.

CATARRH OF THE HEAD AND NOSE.

THIS disease constitutes one of the most frequent and constant ailments that the physician is called upon to treat in his office work. It is also the forerunner of about one-half of all the cases of hay fever found in this climate. Thus it will be seen that all that has been said regarding that disease and its cause, effects and treatment applies here.

Let it be first understood that the cause is an acid generated in

the blood from a lack of proper clothing or nourishment, getting wet, from exposure, or from any other ailment which would lower the vitality or reduce the necessary amount of animal heat to the system. Once this acid is formed in the blood in a weakened system it is very difficult to get it back again to its normal condition, one attack always predisposing to another.

This disease, as every physician knows, is more prevalent in the fall and winter months than during the remainder of the year, showing that cold and dampness are necessary to its production. A great many persons who suffer with this disease have it to a

greater or less extent the whole year round, getting fresh attacks with every change of the weather from dry to wet, and one or more sneezes, according as the change is slight or marked, is the signal that an atmospherical change is taking place.

The blood of those who suffer with this disease is always deficient in one of those mineral salts which produces heat and nourishment to that fluid. The beginning of a catarrhal cold produces about the same symptoms in all persons, except that the degree of severity varies according to the previous state of the patient's health. The attack always begins with one or more sneezes, accompanied with

more or less chilliness and a bland, acrid or burning watery discharge from the nose. The eyes may become suffused and burn or itch. The head sometimes feels light, or there is a peculiar sick, weak feeling, or as if full of open pores and they were all dripping water. These latter symptoms are taken from my own case. I have always taken my worst catarrhal colds while in the house and feeling warm and comfortable. Suddenly I would begin to sneeze. I always knew then that there was an atmospherical change occurring, and with the sneezing all the other symptoms I have enumerated above would set in. I would get a more or less severe bruised pain in the left

cheek, sometimes accompanied by a dull headache. This condition, unless stopped at once, would go to an abscess and the matter would be discharged through the nose. At other times there would be a yellow or yellowish green, slimy mucous discharge, which would gradually thicken and drop back during the night through the posterior nares into the throat, forming thick scabs to be hawked up and spat out or swallowed. This same condition takes place in the nose and it comes out in lumps or scabs. At other times it dries in the nose like glue and cannot be blown out at all. Often this mucous, when spat out from the throat, if it struck against the side

of a vessel or other hard substance, would dry in a thin scale and in appearance resembled very closely ordinary glue. Sometimes the mucus is very irritating, and if the frontal sinuses are very much affected there will be an exudation and secretion of mucus or matter into the eyes. These organs will become congested, itch and burn; the throat will get red, inflamed, and sore, with a raw or scraped feeling every time the patient swallows. I have also had spasms and all the other symptoms of a genuine attack of hay fever with a winter cold. All there was lacking to make it complete was a decrease of oxygen and resultant oppressiveness. Of course this condi-

tion would only last for one night, then my system, with the assistance of the oxygen in the atmosphere, would react and I would improve.

On several occasions I have noticed an odor to the discharge, but this only occurred through neglect to begin treatment in time, and was always quickly corrected.

TREATMENT.

This disease should never be treated locally unless it consists of non-irritants, such as cosmoline, petroleum jelly, etc. All the so-called catarrhal lotions, douches, etc., are decidedly worse than nothing, for they all leave a more or less weakened condition of the del-

icate parts which they come in contact with, and leave them more susceptible to the slightest change of the weather, and at the same time more easily irritated by street dust or any irritating substances which might be brought in contact with the membranes of these parts through the act of breathing.

Besides all this, the astringent washes recommended for this disease can never produce a permanent cure except in rare instances, and then only by it happening to be the indicated remedy and by a sufficient amount of it being absorbed and carried into the blood to neutralize the acid present, and this, I think, seldom occurs.

All that has been said regarding

the treatment locally and with medicine, and the diet, in hay fever is just as good here, so those remedies and their indications can be studied under that disease, and we will here continue with others not given there.

Argentum nit.—Chilliness, with sneezing; itching of the nose; headache on the top of the head, with pressure or pain on left side of the head; sense of smell diminished, with discharge of blood and matter from nose; hearing dull, with ringing in the ears; ulcers in the nose; later yellow crusts form; nose stopped at night, with itching. Eyes: red granulations on lids, which are swollen; membranes congested, inflamed and

discharging yellow matter; œdema of lids, which feel hot and dry, or dry and crusty. Also in hay fever all eye symptoms are worse from light or moving the ball.

Aurum.—This remedy is seldom given or required unless the bones are affected, and if this condition is present there will be more or less odor, depending on the extent of the former. Discharge may be thick, like boiled starch or white of egg, or it may be bloody corruption, or green or yellow matter or mucus. The bones of the nose are generally sore, with ulcers high up in nose or frontal bones, or at the bridge; mucus dries, forming hard scabs, which stop the nostrils and force patients

to breathe through the mouth; sense of smell completely lost; very foul-tasting mucus is hawked from throat in the morning; nose, inside, and the throat burns, smarts and feels raw; spasm of larynx at night; discharges are mostly all of an irritating, acrid nature. All these symptoms are worse from cold air. Ears: wax becomes dry, with buzzing in the ears and difficult hearing; may be an offensive otorrhœa. Eyes glued up in morning, with itching, stinging and pricking (*Apis*); must rub them for relief; headache in forehead and temples, with bruised sensation in the bones, which are sore to the touch (*Puls.*). Nearly all taken from my own case. This

remedy should never be given lower than thirtieth dilution.

Belladonna.—In the beginning of an acute attack, when there is spasmodic sneezing, with headache, ringing in the ears, redness of the face, nose stopped or a burning, watery discharge, shooting pains in the head, or only in right side and in the ear—third dilution.

Glonoine far exceeds this remedy for apparently the same symptoms or without the ringing in the ears. A plan I follow, if I am not sure of its indications, is to give the patient a dose of the sixth or twelfth dilution on the tongue and wait a moment for results ; if it does not cause headache I prescribe it, for if not indicated it will produce

this symptom in half a minute or less time after reaching the stomach.

Bryonia. — Catarrh of frontal sinuses, with discharge of greenish-yellow mucus, which sometimes is quite slimy; there is most always present a dull or heavy headache in front or back of head; there may or may not be thirst; patient is apt to feel too full after eating, or there may be heaviness in chest and stomach and constipation; may be considerable sneezing or headache over left eye only, or extending to occiput; headache coming on before patient gets out of bed in the morning. Have always given it and taken it myself in second or third dilution.

Calcareo carb. — This remedy, while perhaps more adapted to chronic cases, is very often called for in acute attacks. The discharge may be yellow or greenish-yellow or pus-like; nostrils may be sore or ulcerated or may be dry, with sneezing and foul smell before the nose; may be cracking in the ears when chewing; eyes glued up at night, with itching and stinging pains; profuse sweating of the back of the head at night, wetting the pillow; headache in right side of occiput, which may extend upwards to top of head; aching which seems to be in the bone just in front of left temple, with sweating of the feet and a cold, watery feeling between the toes. Generally

prescribe this remedy in thirtieth dilution. Symptoms mostly taken from my own case. A continual and persistent sensation as if a hat or cap was on my head, which often compelled me to feel for it when I was positive my head was bare.

Calcareo fluor.—This is undoubtedly the best remedy we possess for catarrhal affections of the nasal and frontal bones, with fetid discharges or for necrosis with foul odor of dead bone. Catarrh of the head and nose, with stuffy feeling; thick yellow or greenish-yellow discharge, with sickening odor, which is noticed by the patient himself; discharge is sometimes in yellow, irregular

shaped lumps, or dryness of the nose or osseous growths in nose; hawks small lumps about the size of a small pea from throat; these at times are very acrid, and in my own case have caused me to be seriously threatened with spasm of the larynx when present during my summer attacks; constipation is a prominent symptom. Further on I will give a detailed account of the action of this remedy in an extreme case of necrosis of nasal bone, with very offensive odor. Have never used it lower than thirtieth dilution.

Graphite.—This constitutes one of our very best remedies for catarrhal troubles of the nose, ears and eyes when given in twelfth dilu-

tion or higher. Its most prominent keynotes are inflammations around the finger-nails, and when cuts or sores on any part of the body or extremities heal too slowly or mature. It has soreness of nostrils or one side of nose, as if erysipelas would set in; dry scabs in nose or ulcers and bleeding; sense of smell dulled; foul smelling discharges, which are tough or may be thick yellow mucus. The discharge is sometimes very irritating and causes violent, red, rash-like appearance around the nose or wherever it comes much in contact with other parts of face from constant wiping. This same condition is produced around the eyes and on the cheeks from the irritat-

ing acrid discharge of slimy mucus from these organs; stytes in persons who have hay fever; eyelids feel too dry, crusty or glued up in the morning; lids swollen in the morning or puffed up; stitching pains, with itching and burning; will prevent wild hairs, in thirtieth dilution; flickering before the eyes; feel tired and ache. Ears: there is ringing or roaring sounds, with dry, hard, dark wax, either in scales or lumps, which when removed often leave a soreness and bleeding; drum looks too dry and pale; chaffing of the inside of the ear; patient hears better when he has cotton in the ears; ears too open; discharge of greenish-yellow or gray foul-smelling matter;

itching in external canal through Eustachian tube and into the throat; dryness of nose, ears and eyes, with burning of the latter and pain from bright light; bowels costive; hemorrhoids worse at noon, with violent burning and constriction of sphincter ani muscle.

Hydrastis.—Sneezing, with dull, heavy headache in forehead; burning in the nose, with watery discharge, worse in open air; sneezing, with headache; air feels cold in the nose; thick, yellow, tough nasal discharge; post nasal catarrh, and when there is hawking of tough, stringy mucus from the throat; catarrh of œsophagus and

stomach, with white, tenacious, ropy mucus. Third dilution.

Kali bichromicum. — The discharge is always ropy or stringy, yellow or clear mucus resembling the white of egg, but not so heavy, running down from the nose, making the lip sore. Tough, yellow or white, sticky lumps are hawked up from the throat. Hard chunks are also blown from the nose, sometimes accompanied with loss of smell. Swelling of the nose, headache and tightness at root of nose. Face sallow, with sore, bruised feeling of the bones of the face, with pressure on root of nose. Yellow, ichorous discharge running almost in a stream from the nose in children with diphtheria,

making the nose and face sore wherever it happened to touch the parts; cured with this remedy in the twelfth dilution, dose every half hour. Useful in old chronic cases, or where there is great sensitiveness of the nasal membrane with tendency to ulceration.

Lycopodium. — Nose sore and swollen, stopped with yellow corruption or acrid coryza, with dryness behind the nose. Frontal sinuses affected, has to breathe with mouth open. Hawks up lumps of yellow or green mucus from the throat. Face sallow. Constipation, with passing of much flatulence and pressure on rectum (*Calcarea phos.* quite similar). Piles protrude and very

sore when sitting down, with great deal of fermentation in the bowels. Too much fulness in the stomach and bowels. After eating two or three bites patient is filled clear up to the throat.

Natrum mur.—In the beginning of colds with clear bland watery discharge and sneezing. Taste and smell very diminished or completely gone. Posterior nares and posterior wall of throat swollen, dry and shiny. Discharge sometimes of clear mucus, later of scabs, watery discharge from the eyes, gets on the cheeks, making the skin dry and shiny, finally dries and chafes off. Discharge from the eyes acrid, excoriating, causes smarting, itching and biting; ears

crack when chewing or open and shut, in hay fever. Craving for milk, which causes constipation. Thirst worse in the evening; conditions all worse from acid food; bad complexion; constipation. Anus contracts or feels lacerated, with burning and smarting, also oozing of moisture from anus.

Mercurius iod. and Mercurius vivus.—The former has catarrhal affections tending towards a chronic condition; the discharges are acrid and cause sores from being in contact with the membrane around the nose and upper lip; more adapted to children who are liable to get inflammation of tonsils with every cold; discharge from nose is generally yellow. This is a

powerful acid neutralizer in those cases with above symptoms—second and third triturations. The latter has a great deal of sneezing, with watery discharge, which is hot at times and irritating, worse in damp or wet weather, with bruised sore feeling in left malar bone, extending up to the eye and forehead ; feels better from gentle stroking with the warm hand ; discharge from nose greenish-yellow ; cold sensation in ears ; ears closed ; sounds reverberate in the ears ; glands sometimes swollen ; complexion sallow and sickly ; throat dry and burning. Eyes : slimy, acrid, burnings watery discharge ; eye troubles are generally worse at night and better if kept closed ;

seldom use this remedy below the twelfth dilution.

Nitric acid.—I do not think I can say too much in praise of this remedy, and it is not necessary to wait for a constitutional syphilitic dyscrasia before we employ it. Green or yellow nasal discharge, which is terribly acrid, irritating and corroding, causing ulcers in nose, with foul smelling discharge; nose stopped or too dry; hemorrhage of dark blood, but never very free; discharge drops into posterior nares and throat, and when hawked out is so acrid it stings the tongue and lips, so that the patient wipes the latter dry as soon as possible. Used it successfully in diphtheria in an adult when the roof of the

mouth and throat were one solid mass of patches, the breath and saliva was a perfect stench; pains are all of an acid, cutting character. This remedy also has constipation, with false urging; hemorrhoids, with cutting, as from acid in anus or as if anus was gashed; burning, with contraction of sphincter muscle; threatening fistula, with a purple streak externally extending upward into the anus, with sensation like a splinter or something cutting; worse when first sitting; cured with one prescription. Never use it below thirtieth dilution.

Pulsatilla.—Most all writers say give this remedy for the mild, tearful dispositioned persons who are

easily brought to tears or laughter. Permit me to go a little further. If your patient has blue, or gray, or gray-blue, or soft, mellow, dark eyes, this remedy, in the thousandth dilution, will seldom if ever fail to give relief, no difference whether the complexion is light or very dark, or medium or red hair, or auburn, providing the other symptoms call for it. The patient may be easily brought to tears or be as stubborn as the proverbial mule and it will give good results almost every time. Now, if the patient has dark complexion, hard or piercing black eyes, or cold hazel eyes, and a temper of the same material, with the other symptoms calling for this remedy,

do not insult her condition with the high dilutions, but give the first or second attenuation. It will never fail. I feel free to say I believe there are more mistakes made in prescribing this remedy than any other one remedy in the whole *Materia Medica*. I mean in strength given and results expected. Nose may be obstructed or open; discharge yellow, green or greenish-yellow, with headache in temples or right side over the eye; all symptoms are better in cool open air and from walking about gently, but always return if patient comes indoors again; loss of smell; mouth generally has bad taste in the morning, but not always; bowels are generally con-

stipated; stomach trouble is most always present; nostrils feel bruised and sore outside; buzzing in the ears or a sound like a wind makes when blowing through pine trees; post nasal catarrh and catarrh of larynx; cough loosens after he gets up and moves around in the morning; scabs hawked from the throat and blown from the nose; discharge seldom if ever acrid or irritating; inflamed tonsils and sore throat in girls with delayed menses; eyes sometimes affected; corruption very often has a sweet or brassy, or a very foul or rotten taste; cold hands and feet are often in evidence; sadness, with spells of weeping; more often noticed in persons with the dark

complexion and blue eyes, very conscientious persons.

Other remedies such as *Calcarea sul.*, *Hepar*, *Kali phos.*, *Magnesia carb.*, *Magnesia mur.*, *Natrum sul.*, *Sanguinaria*, *Sepia*, *Silicea* and *Sulphur* are all useful and will often be required in the treatment of these diseases, for in these affections, as in all others, we must, when prescribing, take into consideration the whole system, for generally all the different symptoms, physiologically, are linked together like a chain, and the neutralizing remedy will unlink the last symptom first and the first symptom last.

CLINICAL CASES.

I mentioned *Calcareæ fluor.* as being our best remedy in destroying the odor of dead bone, and in the treatment of necrosis of the nasal bones. A very few doses always sufficed to remove all odor in my own case, and very speedily; but I will recite another very important cure, where two operations failed to give but temporary relief.

In November, 1899, I received a call to visit the wife of Captain D., on schooner —, then anchored at Girard Point. I responded, and after prescribing for his wife he asked me if I could do anything for the catarrh of the nose when a bad odor was present. I said I

thought I could. He said, "I have been operated on twice in New York city; the first time they scraped the bone, but the disease never let up except for a short time, then the odor returned also. The second time they operated they removed a piece of bone so big" (showing me by measuring it off on his little finger), fully an inch and a half long. I thought it pretty well exaggerated, for the nose was scarcely disfigured. However, he said the bad smell returned again and was worse than ever, and at times almost made him sick. Without more ado I gave him some *Calc. fluor.*, the twelfth dilution, in a tumbler of water; dose, teaspoonful every

hour. That was on Thursday. The following Saturday evening I got a note to call again on Sunday afternoon and bring enough medicine to last his wife and himself six months. On my arrival his wife said she felt better, and he said the stench from his nose was somewhat lessened. After preparing the medicine for both he promised to write me after he reached Halifax, Nova Scotia, where they intended to disembark until there was a change in his wife's condition, which could but terminate in death, for she had frequent pulmonary hæmorrhages. About two months afterwards, on returning to my office after making my morning calls, I found it occupied

by two strange gentlemen, one of whom arose and introduced himself as Mr. S—, of Halifax, Nova Scotia, and went on to say that I had given medicine to a Captain D., of schooner —, and it had given him so much relief that he, knowing I was a sufferer from the same disease, “sent me two bottles, which I have about taken, and, as I had occasion to come to New York on business, I concluded to come on over here and get two bottles to pay him back and two more for myself.”

This, in connection with my own case and several others of less importance, is sufficient proof of the pre-eminent virtues of this remedy in nasal disease where the

odor of dead bone is present. It being a lime remedy, its name and nature are both suggestive of its disinfectant, deodorizing and neutralizing properties.

Another case cured by *Mercurius cor.* which I think worthy of detail, showing how a disease of a certain form in a particular organ can be transferred to other and remote organs of the offspring. Nearly four years ago, in February, I was called on to attend a woman in confinement. The child, a large, healthy looking girl, was born all right, the mother making a good recovery. This child, as the nurse stated the next day, was born with the "snuffles," but it thrived and grew very fast. During the follow-

ing spring I was called in once or twice to prescribe for what seemed an ordinary bronchial catarrh, from which it mended quite rapidly, but the "snuffles" would never entirely disappear. The following autumn the attacks would set in from a change of weather, or a draft, or any exposure, as it seemed very susceptible to all such. Finally, in November of the same year, a very bad attack of bronchitis set in, which proved fatal. This, so the mother stated, was the third child she had lost, the one before this dying from membranous croup, and the first from an attack of bronchitis. One day when speaking about this child having been born with the

“snuffles,” she remarked that all her children were born with the same trouble; and two she has living, a boy and a girl, aged four and six years, respectively, suffer more or less all the time with catarrh of the nose and throat, for which I have given medicine on numerous occasions.

About twelve months ago the mother became pregnant again and engaged me to attend her. At about her sixth month she sent for me to give her something for a very irritating, corroding leucorrhœa. She said it hurt her so much she could not stand it, as she was getting all raw, both in the privates and on the thighs. I asked her a few questions, and one

was: Did you ever have this before? She answered that she had it every time she was pregnant. I told her she should have informed me sooner, as that undoubtedly was the cause of her children being born with "snuffles," and now I will cure you and see what the results will be when the child is born. I gave her *Merc. cor.*, twelfth, a powder in half a tumbler of water, teaspoonful every half hour. The next day when I called she said she felt some relief, and in three days all the irritating properties of the discharge had disappeared and in a few more days the whole trouble ceased. After she had taken the medicine for eight or ten days it was discon-

tinued, and she remained well for about three weeks, when the discharge returned, and with it the irritation, but in a lessened degree. Then I had her take the medicine every two hours, prepared the same way, until she was to be confined.

The child, healthy boy, was born free from "snuffles" or any trouble, and now, over ten weeks old, remains well, with no signs of trouble either in the nose or bronchial tubes. Now, then, if catarrh is caused by an acid generated in the blood from any cause whatsoever (and from my own investigations I am positive that it is), then this disease can be inherited, and when we consider that the child is being nourished by this acidulated blood

circulating and permeating every vessel, organ, and tissue, how can it escape being affected in some manner?

This, I claim, can only occur through the mother being affected, for if the father should have catarrh even in a severe form and the mother be healthy then there is little danger of the child being born with the disease or even a hereditary tendency thereto, for having nothing but the mother's pure blood circulating through its body would carry away all weakness and tendency to such diseases.

In order, then, to have healthy children, or children born free from minor ailments, it is necessary for

us to look more closely for ailments in the pregnant mothers.

I am acquainted with a lady who has had five children, all hydrocephalic, and all died from its effects during childhood. The mother of these children, apparently healthy, is a sufferer of catarrh of the head, and her monthly waste, so I have been told, has such a stench to it that it is almost impossible for a person to be in a room with her. I have been asked several times by her relatives why her children were born afflicted in such a way. My answer was, she should take medicine and get her periods corrected, for it would be just as easy to get a healthy chicken from a rotten

egg as to get a healthy child from a diseased ovum. I have not seen this lady for a number of years, and whether she is still giving birth to diseased children or taking medicine to cure the defect I know not. I do not wish to say that a pregnant woman cannot contract catarrhal or other disease of any organ and be cured of it before the child is born and give birth to a healthy child, but it is in those cases where the disease is overlooked in the mother and continues until the birth of the child.

Catarrh of the nose and throat are undoubtedly more amenable to treatment by pure air than almost any other disease by which we may be afflicted, and at the

same time it is a disease that is more easily aggravated by a change of the atmosphere from dry to damp than any I have met with, rheumatism perhaps coming nearer to it than any other disease.

The catarrhal patient's system fluctuates with every contraction and relaxation of the weather, for when it is good he is good and when it is bad he is bad. There is no truer barometer in discerning atmospherical changes, be they ever so slight, than the system of a genuine catarrhal patient.

To recommend all persons suffering with catarrh of the head, nose and throat to seek a drier climate is in most cases simply a waste of breath, for in ninety-nine

cases out of a hundred the persons are not situated financially so they can leave their present surroundings; so my advice to those who suffer with this disease is to take the baths as directed under the treatment of hay fever, take the indicated remedy and a good tonic of iron, and I know of no better one for the blood than physiological tonicum.

In case this should not agree with the patient's system, even in drop doses, then resort should be made to the sulphate of iron in the two-hundredth dilution, dose every two hours, or three or four times a day, and continue its use for several weeks; and as this remedy acts simply by absorbing the oxygen

from the inhaled air to feed the blood and hold this fluid in contraction and while this is being accomplished the acid is neutralized, water is reabsorbed and the patient is relieved of his chilly or can't-get-warm feelings.

The importance of keeping the bowels regular and the stomach in a healthy condition cannot be too forcibly impressed on the patient's mind, for if both or either of these organs are out of order a person susceptible to this disease is much more liable to take cold than if they are not.

A person suffering with this disease should eat very sparingly of pickles or any sauces or dishes containing vinegar, for the acid

contained in them renders the system more amenable to cold or to the effects of atmospherical changes by its apparent aggravation of the acid condition already present in the blood.

The excessive use of black pepper for seasoning food should be condemned; in fact, it should not be used at all except in very limited quantities. I have seen persons use this condiment with such lavishness as to cause their food to be perfectly black with it, and in a half hour or one hour after eating they would literally puff and blow to get their breath. It produces sluggish digestion and generation of gas and in this manner causing the stomach to

puff up, and oppression and smothering is the result. Capsicum or red pepper is far superior, but should be used sparingly. Its effects are much more general and last longer, and when properly used for seasoning the difference will scarcely be detected and by its deeper action will produce far better results.

The proper amount of sleep, sufficient clothing and wholesome diet will go far towards preventing catarrhal colds.

The old saying of keeping the feet warm and the head cool is all right under some conditions, but does not hold good here, except in summer time, for it is just as important to keep the head warm in

winter time as it is the feet and other parts of the body. I am speaking from experience, but it is only reasonable to assume that good results will follow in all cases.

The catarrhal or acid individual ages much faster than the alkaline or neutral patient. This occurs through the acid destroying the secreting powers of the sebaceous glands, and by doing this it robs the skin of its natural lubricating oil; and in these cases the skin of the face becomes dry, husky, and takes on a dead appearance, and in some instances chafes off, more noticeably on the forehead and cheeks, perhaps, than anywhere else, unless it be on the extrem-

ities. This occurs more often in catarrh of the stomach or gastritis. In catarrh of the head and nose the effect is mostly observed in the head, where it causes the scalp to dry and scale off, causing in some cases abundance of dandruff to fall, and unless soon checked the hair will also become dry, brittle and break off, and finally cause baldness, as this same oily matter nourishes the hair through the hair follicles.

Patients can overcome this last condition by friction. This is best applied with a good bristle brush, giving the scalp about one hundred strokes night and morning, always brushing the scalp from above downwards, which is the

natural way the hair should grow. Brushing should not be done too harshly, but only with sufficient force to produce a gentle stimulation. This will prove more beneficial than all the so-called hair tonics, as the hair will soon take on an oily appearance and become soft and pliable again, and a new growth will generally follow. Witch hazel, with a few drops of *Capsicum*, applied every night may assist very nicely as a local application. Use in the proportion of five drops of former to an ounce of the latter. The former condition can be overcome by the use of a good turkish towel, applied gently and continued until there is a mild glow to the face and forehead.

In order to make a success of the treatment the stomach and bowels must be kept in a healthy condition. The best remedy I have found to invigorate the oil cells and renew the glandular secretions and prevent the hair from dying and breaking is *Kali carb.*, in the sixth or twelfth dilution, in water; dose, every two hours, and if indicated relieves the dandruff, too. *Kali sul.* is a splendid remedy for the latter ailment, but does not appear to be capable of re-establishing the oil-cells; but in this, as in all other troubles, the indicated remedy is the one to give, whether it be one of these or some other remedy.

CLASSIFICATION OF DRUGS USED.

<i>Contractors.</i>	<i>Neutralizers.</i>	<i>Contractors and Neutralizers.</i>
Ferrum met.	Argentum nit.	Arsenicum iod.
	Aurum met.	Ferrum "
	Calcareo carb.	" sul.
	" fluor.	
	" phos.	
	" sul.	
	Graphites.	
	Hepar.	
	Kali bich.	
	" carb.	
	" phos.	
	" sul.	
	Lycopodium.	
	Magnesia carb.	
	" mur.	
	" phos.	
	Mercurius cor.	
	" iod.	
	" vivus.	
	Natrum carb.	
	" mur.	
	" sul.	
	Nitric acid.	
	Allium cepa.	} slightly.
	Apis mel.	
	Belladonna.	
	Bryonia alba.	
	Nux vom.	
	Pulsatilla.	
	Sanguinaria.	} doubtful.
	Sepia.	
	Silicea.	
	Sulphur.	
	Euphrasia.	}
	Glonoine.	

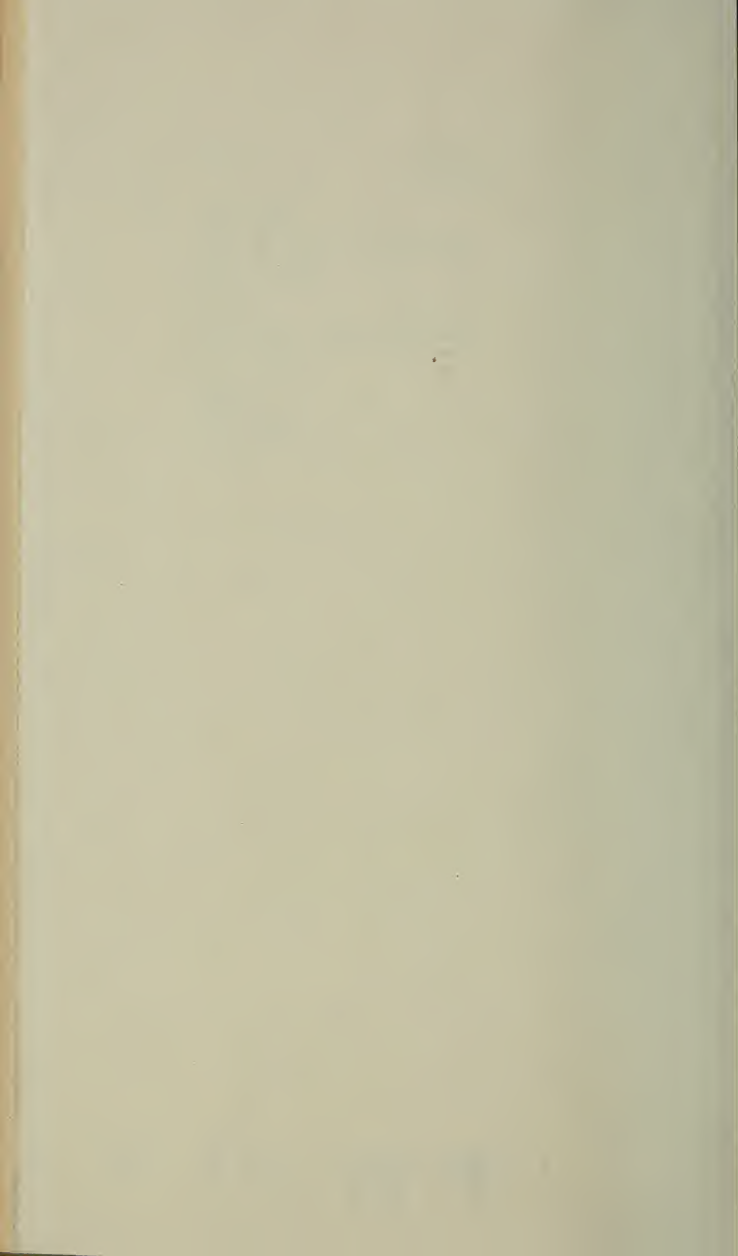
INDEX.

	PAGE.
Acid the cause of hay fever,	12
“ its action on the blood,	16
Acid, a cause of apparent age,	162
“ “ “ “ baldness,	163
Allium cepa,	113
Anæmia,	15
Annual attacks,	19
Apium virus, indications for,	100
Argentum nit.,	123
Arsenicum alb.,	110
“ iod., indications for,	99
Atmosphere, dampness,	78
“ rarefied,	79
Aurum met.,	124
Bathing, frequency of,	63
Belladonna,	113
Belladonna, indications for,	126
Beverages,	72
Blood, relaxing of,	16
Bowels and stomach,	159
Bryonia, indications for,	127
Calcarea phos., indications for,	93
Catarrh, head and nose,	115

Chlorides, actions on the blood,	16
Calcareo carb., indications for,	128
Calcareo fluor., indications for,	129
Classes.	
1. Simple hay fever,	28
2. Catarrh plus,	24
Climate, effects of,	73
Clinical cases,	145
Coffee as a neutralizer of acid,	68
Diet for hay fever cases,	68
Ears, symptoms,	49
Eating at supper time,	67
Etiology,	24
Euphrasia,	113
Eyes,	30
Exercise, effects of,	56
Exhaustion,	18
Ferrum iod.,	108
" sul., indication for,	108
Glonoine, " "	94
Graphites, indications for,	130
Hay fever, what it is,	7
Head symptoms,	34
Heredity,	30
Heredity,	153
Hydrastis can., indications for,	133
Iron, its action on blood,	16
Kali bich., indications for,	134
Kali carb., indication for,	89
" sul. " "	101

Laryngeal spasms,	41
Local treatment,	66
Local treatment,	163
Lycopodium, indications for,	135
Magnesia phos., indications for,	96
Mercurius cor.,	86
" bin iod.,	113
" vivus,	113
Mercurius cor., case recited,	149
Mercurius iod., indications for,	137
Mercurius vivus., indications for,	138
Mountain air,	73
Mouth,	49
Natrum carb., indications for,	92
Natrum mur., indications for,	136
Nitric acid, indications for,	139
Nose,	36
Nux vomica, indications for,	102
Other remedies,	144
Oxygen, action on blood,	76
Pepper, black,	160
Pepper, red,	161
Pickles,	159
Potency,	82
Prevention,	57
Purgatives,	57
Pulsatilla,	113
Pulsatilla, indications for,	140
Remedies,	81

Remedies,	123
Salt, amount for bathing,	63
Sanguinaria	113
Sea air,	73
Sulphates, action on blood,	16
Symptoms,	29
Throat,	40
Treatment,	53
Treatment,	121







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